SACWN Inc.

SACRAMENTO AREA COMMUNITY WOMEN'S NETWORK

Aug./Sept. 2004
Volume 38

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SACWN IS BUILDING AN E-MAIL NETWORK

We are planning some exciting events in the near future. Be quickly notified of any up-coming activities that SACWN is holding by signing up for the SACWN E-mail network. If you have friends who would also like to receive information about our general SACWN activities, have them send in their E-mails, too.

In order to get updates about these get togethers, E-mail us at sacwn1@yahoo.com and tell us you want to be on our list.

We won't share this list. It's solely for the purpose of informing you of up-coming events. No Junk Mail!

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COME TO THE RIVER CATS GAME And Support HIV/AIDS Services

This year, the Sacramento Valley Aids Walk has teamed with the Sacramento Rivercats for a very special day of HIV/AIDS awareness at Raley Field, called "Step Up To The Plate Against AIDS."
On the evening of **Sunday, August 15th**, Raley Field will play host to special ticket holders and you can be among them. The Boys of Summer (Lambda) will contribute $3.00 from every ticket purchased through this offer to HIV/AIDS services.
The game will feature a special opening ceremony and AIDS awareness/ education throughout the evening.

SACWN has purchased a block of 10 of these special tickets at $11 each. Purchase yours today!

We will all be sitting in the same area.

Fill out this form. Cut along the dotted line and send in with your check made out to SACWN. Tickets are $11 apiece. Send to SACWN, PO Box 19036, Sacramento, CA 95819. We'll return your tickets to you in the mail.

We must receive your order by August 10 or your check will be returned to you.

RIVER CATS TICKETS

Name _____

Address _____

Phone Number _____ Number of tickets _____

THE SACWN MISSION

SACWN's mission is to provide lesbians with social activities in a safe environment, a supportive network, and resources to link our diverse community.

PO Box 19036
Sacramento, CA 95819-0036
916-451-8034
SACWN1@yahoo.com
Website: www.sacwn.com

STEERING COMMITTEE

MEMBERSHIP COMMITTEE
Cindy

NEWSLETTER AND WEBSITE COMMITTEE
Sharon J.

SIG COORDINATOR
(open)

VOLUNTEER COORDINATOR
(open)

TREASURER
Cindy

CHARITY ADVISOR
Mary Lou

LOGISTICAL SUPPORT
Colleen

MARKETING/ SPECIAL PROJECTS
Kelli

EVENT COORDINATOR
Nan

This newsletter is entirely dependent on volunteers.

In order to be included in the next newsletter, material must arrive in our mailbox or at my e-mail address by the tenth of the odd months of the year. (sharonju@sbcglobal.net). We encourage submissions (e.g. Letters to the Editor, news items, photos, etc.) Please type submissions and include your name and phone number for verification. Submissions by E-mail are especially encouraged.

FREE ADS: This section is for selling things of a personal nature, advertising for a roommate or finding a lost love. These ads are FREE to SACWN members who are advertising for personal use (no business advertising in this section).

BUSINESS ADS: Camera-ready ads are $60 per business card size. Ads must be prepaid. Ads are based on 12-month/six issues per year. For more info, please contact Sharon J.

CONFIDENTIALITY: SACWN takes the following precautions to insure the privacy of its members:

1. The mailing list is never sold or lent to anyone--even other women's groups or inquiring lesbians.

2. The newsletter is always sent first class, rather than at the cheaper bulk rate. We will send the newsletter electronically rather than by mail to those who request it.

3. Each newsletter is addressed to a specific subscriber, not to a "resident" or "household".

4. Newsletters are not sent to individual men.

~~Women who want to participate in the operation of SACWN are encouraged to contact any of the committee coordinators listed at the left.

Invitation to SACWN General Meeting

We have a General Meeting followed by a Steering Committee meeting on the first Thursday of every month (Aug. 5, Sept. 2, Oct. 7). We have moved our meeting location to Wyndancse Women's Center. The address is 2400 Glendale Lane, Suite E. (It's off of Alta Arden near Fulton.) Our meetings start at 7 PM. Come and find out what's going on and give your ideas and input to help our organization become stronger and continue to be a reflection of our members' interests.

Your input is important to us. If you have suggestions but can't be at the meetings, send an E-mail to SACWN1@yahoo.com with your ideas.

In Memory of Robyn Dianne Sadowski

Robyn was born in New York State, January 21, 1958. She peacefully passed away at home at the age of 46. Robyn is survived by her loving companion, Murphi Keeter, her brother, Darren Sandowski and many dear friends. She served in the United States Air Force and was honorably discharged. She received her Bachelor's Degree from California State University, Sacramento on December 15, 2001. Robyn requested "no black attire" at her memorial service. In lieu of flowers, donations can be made to UCD Cancer Center, 4501 X Street, Sacramento, CA 95822.

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It's not how much we give, but how much love we put in the doing-that's compassion in action.

Mother Teresa

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Help out Maryhouse

Workers/volunteers at Maryhouse have told people that they are in desperate need of T-shirts all sizes, women and children sizes for sure. This is your chance to clean out your closet and drawers of all the t-shirts you don't wear anymore and give them to a very good cause.

Bring them to any TOP 10 event and we will see that they get to Maryhouse ASAP. Or just call Maryhouse (916) 446-4961 and tell them you have some clothing.

Or go to their website (www.sacramento.org/loaves/maryhouse.html) and you'll see other items that are also needed.
Thanks in advance for your help.

Wyndancs Women's Center of the Greater Sacramento Region

Wyndancse Women's Center is under development. This is a new Women's Center to serve the needs of women from all walks of life. Their Mission is to serve all women of the community on their journey to well being through healing, empowerment, positive female connections, creative expression, personal strength development, self nurturing, and celebrating the diversity of women's lives through open and respectful sharing and learning.

The Wyndancse Women's Center slogan is: Women Connecting with Women in acceptance, growth, diversity, spirituality and holistic energy.

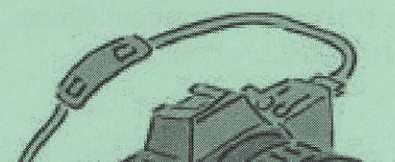
Wyndancse currently provides the following services:
Sandplay Therapy - Dance and Art Therapy - Women's Stages of Life - Mother and Daughter Programs - GLBT Groups and Programs - Interactive Parenting

Email at woman@pofs.org to sign up or be added to the mailing list. Or call (916) 973-2838.

Special Interest Groups (SIGS)
Do you have an idea for a new special interest group?
Come to our Monthly Steering Committee meeting and present your idea.
We're always happy to offer more groups in which our SACWN members can participate!

NEW SIG Photography Group

Bring your camera (digital or film) and enjoy meeting with other women who love photography. At our meetings we'll discuss where our next shoot will take place, share ideas and recent pics, etc. Underwater photographers are welcome. Contact Jacquie at 359-2546 or Jessica at 580-7322. E-mail - punky@surewest.net.



W.O.W. - Womyn on Wednesdays

This is a women's discussion group that meets weekly at the Lambda Center (1927 L Street) at 7 PM. We have topics that are of interest to our members such as safe sex, the role of women in the media, and body image. Also, there are game nights, movie nights, and field trips. And the third week of the month there is a potluck. It is a great place to meet other lesbians in the area and make lasting friendships.
Feel free to contact one of our facilitators: E-mail us at: ourfamily916@msn.com or check us out on the web: http://lambdasac.org/wow/wow_index101703.html

Couples Dinner Group

The Lesbian Couples Dinner Group formed in the summer of 2003. We have a great time sharing good food, good conversation and friendship.

We have approximately 11 couples that meet on a monthly basis at different local restaurants or a couple's home. We are always open for suggestions as to restaurants or activities.
The next couples dinner is **August 14. The place is to be announced.**

To find out where the next Couples dinner is going to be in August and September, please contact jazlady88@hotmail.com. Hope to see you soon!

All lesbian couples are welcome to join us for dinner or whatever activity we are having. We meet once a month at a local restaurant to enjoy good food, good friends and good conversation.

Top 10

Top 10 is for women over fifty and for women who love women over fifty. This group is for **both singles and couples**. Each month we get together for a meal at a local restaurant or at home pot lucks.

Saturday, August 4th, 10:30 AM, join us for a delightful brunch at Hukilau, located at 16th and O Streets. Great menu items and even better prices. Breakfast prices start at $4.75 and go to $7.50. What a deal! Good service, too. **RSVP** by Friday, August 6th to Dee at 443-2377.

Saturday, September 11th, 11:30 AM, picnic in **East Portal Park**, 51st and M Streets. Milli and Dee are hosting a picnic, since their adobes are too small to accommodate more than six people at any one time. They will furnish the meat and guests are asked to bring side dishes. **And,** if you have a croquet set, badminton game, etc., please feel free to bring them. Dust off that old wiffle ball game you have in the garage. Table games work, too. **RSVP** by September 10th to Dee at 443-2377. Directions will be provided to picnic site.

Also, mark your calendars for September. PJ will be competing in a tri-athlon, **Sunday, September. 26,** at 9:00 AM, in Grass Valley.

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"...I have never felt that anything really mattered by the satisfaction of knowing that you stood for the things in which you believed and had done the very best you could." November 8, 1944
Eleanor Roosevelt

Seasoned Singles (SS)

Seasoned Singles is for single women over the age of 50 who live in the greater Sacramento area. For more information contact Shirley H. @ 916-564-9814 or E-mail seasonedsingles@earthlink.net.

Seasoned Singles - *On Going Activities*

Poetry: For information about poetic venues and literary spaces contact Rama at 916-428-7227 or 428-7224 or Djerma@aol.com

Poker on the 2nd Friday of each month. Contact De D. at 916-927-3304.

Women's Music - For concert information contact Mary at 916-395-4147 or E-mail MaryStoschke@webtv.net

Movie Group - Joy has offered to organize groups to go to the movies. She's most interested in attending movies at the Crest and Tower, but will consider other theaters too. Contact her at 916-567-1045 or JFisher979@aol.com

Impromptu Group: Contact Shirley H. at 564-9814 or Raenbo@earthlink.net. Anyone on the Impromptu E-mail list can contact other women on that list to invite them to an activity on an impromptu basis.

Pinochle Group: Now forming. For details please contact Joy at 567-1045 or JFisher979@aol.com.

MORE SIGS THROUGH SACWN

Smart Women Talk - This is a gathering for women to meet and discuss various topics. If you're interested, contact Jazlady88@juno.com.

Arts and Entertainment (A&E)

From local activities such as the Second Saturday Art Walk to a show in the Bay Area, we enjoy a variety of entertainment. It's great fun and you can reconnect with old friends and meet new ones. If you are interested in participating in or coordinating an event, contact Sharon J. To have the latest updates sent to you by E-mail, just send your E-mail address to: sharonju@sbcglobal.net and indicate your desire to be on the A&E E-mail list.

Half-Fast Hiking Group

This is a well-organized, friendly group of serious hikers who know how to have fun. We are in our sixth successful year of day-hiking with hikes scheduled once per month all year long. We walk at a comfortable pace and usually average about five miles round trip on hikes that are rated "easy" to "moderate". All new-comers will receive a warm welcome!

We are presently looking for a new leader for this group. If you're interested please contact Linda at 452-5806.

* *

Receive your SACWN's Newsletter as an E-mail!

Begin receiving your newsletter in your E-mail. Just send your name, address and e-mail address to SACWN at: SACWN1@aol.com. Then we can begin sending the E-newsletter.

You will receive your newsletter right in your E-mail as a PDF. If you have Adobe Reader, you can open it. If you don't, you can go to our web site: www.sacwn.com and download it from there. For those who don't have access to E-mail, we will also be sending out the paper form of the newsletter.

So help SACWN save trees and save money on printing and postage. Sign up for your E-newsletter today!

SACWN Calendar and More

What's Happening In Our Community?!

Rainbow Festival

Labor Day Weekend

Sunday, September 5.

20th and K Street

Look for the SACWN booth and come by to say hi!

Watch their website as they add more information:

www.rainbowfestival.com

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Coming Out Celebration Dance

August 7, 2004

7 PM

2400 Glendale Lane
(Wyndancs Womyn's Center)
Off of Alta Arden near Fulton)

$10

Jammin' Jo is DJ for the dance.

Appetizers

For more information call:
(916) 973-2838 ext. 247

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Want to know what else is happening in the area?
Check out these groups.

D.O.T.: Long time local organization for couples and singles. Age range averaging between 35 and 55 years of age. Contact person is Vickie at dejavu 95821@earthlink.net

If the Shoe Fits (ITSF): An organization in the Placerville/El Dorado area that is very active. They have a monthly newsletter with their latest activities. E-mail - itsfnews@hotmail.com or PO Box 295, El Dorado, CA 95623.

River City Bowlers: Sacramento's only Gay and Lesbian Bowling League Contact person is Tom Lane - 916-635-1535.

Camping Women: This group is built on the premise that women share equally the joys, privileges and responsibilities of the outdoor experience and thereby realize their own potential and ability to live comfortably in the out-of-doors. The National office web site is: www.campingwomen.org
For local information e-mail Sharon: shtaylor@dfg.ca.gov

The **Gay & Lesbian Sierrans** is another group you may enjoy. They do dayhikes and weekend camp trips.
www.motherlode.sierraclub.org/gls/

Tina Reynolds Uptown Studios
912 1/2 J Street (inside the orange door)
Sacramento, CA 95814
Email - tina@uptownstudios.net

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Family Media Project

Same-Sex Marriage Through the Eyes of Children

Equality California (EQCA) is creating a booklet of stories, to help the public understand why marriage access is important to kids. Please submit a letter explaining things your child has said about the issue, testimonials, drawings, anything from children that would help to shed light on the real life struggles and joy of their families.

For more information, please contact Marina Gatto, Intern Coordinator and 16-year-old daughter of two lesbian moms, at marina@eqca.org

SLEEP - HOW MUCH IS ENOUGH?
By Tara Levy, ND

How much sleep does one need? The answer to this question is becoming clearer, thanks to recent studies looking at the effects of sleep on the body. Most adults, it appears, require more than seven or eight hours a night. American adults, however, sleep only an average of 6.8 hours a night, which results in chronic sleep deprivation for many.

There have been several studies that demonstrate the health risks associated with short-term sleep deprivation. Increased blood pressure, blood sugar imbalance, and increased inflammation were just some of the effects noted. Until recently, the data on long-term sleep deprivation was less clear. Recent research, however, indicates chronic sleep deprivation can increase the likelihood and severity of diabetes, high blood pressure, and obesity. Children who receive less than optimal amounts of sleep are significantly at risk for becoming obese.

Other recent studies show the benefits for the brain of a good night' sleep. A German study completed earlier this year demonstrated that our sleeping brains continue working on problems that were presented to us during the day, and that the correct answer may come more easily after eight hours of rest. It had been previously demonstrated that lack of sleep contributed to an increased number of accidents and poor test results, but this is the first study that actually shows how the brain may function during sleep.

So what are sleep-deprived Americans to do? And more importantly, why are Americans sleeping less? Some blame the light bulb - artificial light in the evening disrupts sleep and may produce sleep problems in some. Age is another factor. As we age, we get less sleep, mostly due to pain, excess weight, and the negative effects of some medications. Some researchers are now hypothesizing that age-related memory changes may be due in part to a decrease in hours of sleep. And then there is that go-go-go lifestyle that many Americans have adopted in the last few years. Thanks to longer work hours, family needs, and increased time watching television and on the internet, the average American is getting less sleep, with 31% of adults reporting that they sleep less than 6 hours a night. In addition, many individuals suffer from insomnia, an inability to fall or stay asleep, which can exacerbate an already deficient sleep cycle.

One of the most important things that one can do is pay attention to their body's signals. Most people are programmed to start sleep at 9 or 10 o'clock at night, but typically these signals are ignored. Forcibly staying awake produces adrenaline, which can make it harder to fall asleep later. Blood sugar imbalances can also make it difficult to fall or stay asleep. Be sure to eat an adequate amount of protein at the dinner meal, which helps to balance the blood sugar for a longer period of time, avoiding glucose crashes that can cause early morning waking.

Many find it difficult to unwind their mind after a long day. Journaling, meditating, or doing slow relaxing stretches can help the body and mind transition from wakefulness. A warm bath (not too hot!), perhaps with a few drops of lavender essential oil, also can be useful to help the body prepare for sleep. Many herbs and nutrients can be helpful in getting a full nights rest. Calcium and magnesium, taken in equal amounts, can promote relaxation and allow sleep to come more easily. Certain herbs, such as valerian, hops, and lemon balm, also may help promote sleep. In order to determine what might be best for you, be sure to check with your naturopathic doctor.

Tara Levy, ND practices at the Mt. Diablo Natural Health Center in Concord and Berkeley. Dr. Levy can be reached for appointments or other questions at 925-602-0582, or tara@drtaralevy.com.

Advertisements

LIFE COACHING – EMPOWERMENT IN ACTION

IT'S ALL ABOUT YOU!

Are you where you want to be in your life? Are you energized or exhausted? Do you feel like you have settled, but still have dreams and goals that keep calling to you, that you haven't gotten to yet, for whatever reason?

We all can have a life of fulfillment, feeling and knowing that we are on the right path, being vibrantly alive and in synergy with all that fills our time and what we devote our energies to. It can be powerful to have someone who is skilled in encouraging you to be all you can be, to support and coach you as you explore and pursue your dreams, goals and passions. This is the mission and purpose of a Life Coach – to support you in achieving what you want to achieve in your life. A Life Coach is devoted to your success and sees you for the powerful and successful person that you truly are. A Life Coach is a trained professional who has knowledge and skills that can guide and support you with your progress as you experience your life's dreams, passion or goals.

Chrissy L. Buford is a Life Coach who received her training from the Academy for Coaching Excellence in Sacramento. If you are interested in finding out more about how a Life Coach can enhance your life and make your life easier and more fulfilling, call Chrissy at (530) 677-8829 to set up a complimentary session at her Sacramento office. Chrissy will be focused on you and your goals, support you on your journey, and empower you as you reach new heights you previously may have thought impossible. Life Coaching is all about you, and investing in yourself to truly have the most satisfying and fulfilling life you can have. Know you are the best! **Visit Chrissy's web site at www.coachingheart2heart.com.**

Life Coaching - Heart to Heart

Chrissy L. Buford, BSW
License # 031299

Would you like to see life get easier?

E-mail: chrissy@coachingheart2heart.com
www.coachingheart2heart.com

1-866-597-3636
1-530-677-8829

3224 Monukka # C
Cameron Park, CA 95682

Roommate Wanted

Large home with a dog in Carmichael area by American River College.

Professional woman desired.

Non-smoker

Dog OK. No cats, please.

Satellite TV, private phone line & bath.

Brand new spa.

Huge backyard.

Call Jan: 916-717-4437 (cell)
or
877-497-4730

Leaving Your Job? Get the Most From Your Retirement Account

Financial Focus – August & September

If you decide to leave your job, you'll have many issues to consider and some financial decisions to make. One of the most important questions you'll need to ask yourself is this: What should you do with your 401(k) or other employer-sponsored retirement plan?

Fortunately, you have several options, including the following:

Taking the money in a lump sum – If you have lost your job, you may be under financial stress. This may tempt you to cash out your retirement plan and take the money as a lump sum. And if your plan is your only source of savings, you may not have much choice. But if you have any other financial resources to draw on, you might want to avoid taking the lump sum. If you liquidate your plan, you'll no longer benefit from tax-deferred earnings growth. Furthermore, your employer must withhold 20 percent from your distribution – and if you're under 59 _, your distribution may be subject to a 10 percent penalty.

Leaving the money in your plan – You might be able to leave your money in your former employer's retirement plan, if the plan permits. This could be a good option if you are pleased with the investment choices available in the plan, But if you're not, you may want to consider other possibilities.

Moving the money into a new plan – You may be able to move the money from your old plan into a new employer's plan, if the new plan allows such transfers. This move might make sense if your new plan offers attractive investment options.

Rolling over retirement assets into an IRA – Depending on ;your individual situation, this "rollover" option could be your best choice. By making this rollover, you'll avoid the 20 percent withholding and current income taxes on your retirement plan distribution. And you'll be in much more of a control position. Plus, you'll keep your retirement savings growing on a tax-deferred basis. And you'll have an almost unlimited array of investment choices. Within your IRA, you can even build a diversified portfolio to reflect your risk tolerances, time horizon and long-term goals. Finally, once you move your retirement account into an IRA, you can later convert to a Roth IRA, so you can eventually make tax-free withdrawals, provided you meet certain conditions. (Keep in mind, though, that when converting a traditional IRA to a Roth IRA, you will generate a tax liability.)

Review your choices carefully

Review your retirement plan distributions options carefully with your tax or investment professional. You may be making one of the most important financial decisions of your life – so make it a good one.

Edward Jones

Diova A. Gray
Investment Representative
825 East Street, Suite 105
P.O. Box 375
Woodland, CA 95776
Bus 530-406-0247 Fax 877-850-9559
www.edwardjones.com
California Insurance License 0C24309

Serving Individual Investors Since 1871

SACWN's Advertising Rate
Business ads are just $60 per year!

Don't miss out on the best deal in town!
Call 916-451-8034 and let us advertise your business to our membership.

The Center for Spiritual Awareness

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West Capitol Ave., West Sac.
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Wednesday Meditation 7 PM
Jr. Church for kids - all ages - Sunday at 10
(916) 374-9177
Home of the new Thought Gospel Choir

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Linda E. Killick
(916) 486-8985

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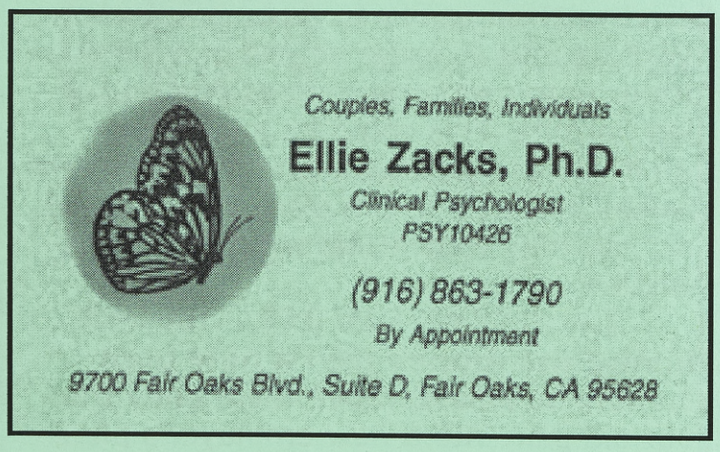
Sacramento: (916) 447-7258 | Nevada City: (530) 265-3062
Facsimile: (530) 265-0601



SACWN - Membership Application

Name: _____

Name: _____

Address: _____

City: _____State: _____ Zip: _____

Phone: _____ E-mail: _____

(Circle One): NEW RENEWING

CATEGORIES/RATES:
(Check One): ___Regular $24.00 ___Sustaining $48.00 __Limited Income $12.00
Rates are per household, per year. You will receive a renewal notice when your subscription is running out.

_____I/we would like to receive the newsletter electronically.

E-mail Address: _____ *(if different from above)*

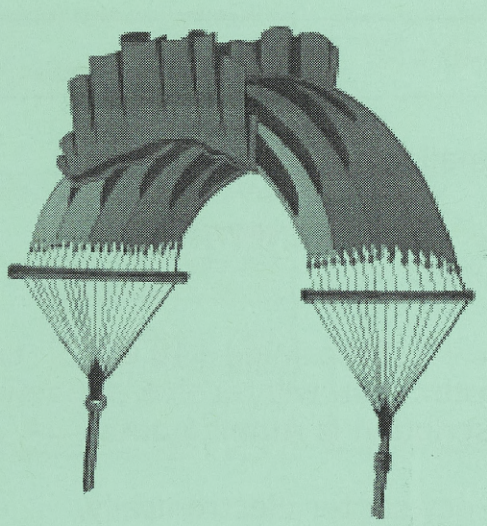
Waiver: I am aware that certain risks or injuries could occur arising from my participation in SACWN, Inc. events and/or special interest groups. In consideration of the right to participate in such events, some of which may involve strenuous activity (i.e. hiking, golfing, skiing, cycling, etc.) I hereby assume all risks and will hold SACWN, Inc. and its members harmless from all liability which may arise in connection with these activities.

Signature: _____ Date: _____

Signature: _____ Date: _____

Please make checks payable to: **SACWN**
Mail to: **SACWN**
PO Box 19036
Sacramento, CA 95819-0036

Want to contact us but don't want to write? SACWN has voice mail and E-mail! Call us at (916) 451-8034 and leave a message and we will respond as soon as possible. OR you can send E-mail to:
SACWN1@yahoo.com



PO Box 19036
Sacramento, CA 95819-0036

SACWN, Inc.
Sacramento Area Community Women's Network

Add your name to our E-mail activities list!

Rosemary Metrailer
Attorney at Law
PO Box 215
Nevada City, CA 95959

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